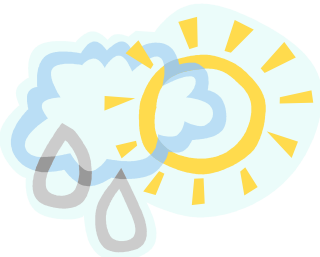


THE PULSE

Cornford House & Fulbourn Health Centre Newsletter

Spring 2017



It's coming up to that time of year again when thoughts turn to summer holidays. Don't forget to book in early for your holiday checks and vaccination boosts, we'll



be glad to help.

Do you ever think “It’s just asthma...”? Have you ignored worsening asthma symptoms? Have you ever forgotten to use your preventer inhaler?

Most people don't think that they are at risk of a potentially life threatening asthma attack but did you know the following statistics?

- **There are 5.4million people with asthma in the UK which means that asthma affects one in five households**
- **Every 10 seconds, someone is having a potentially life threatening asthma attack in the UK**
- **75% of people with asthma are not in control of their symptoms**
- **One in 11 children has asthma, meaning an average of two children with asthma in every classroom**
- **There were 25,073 emergency hospital admissions for children in the UK 2011-12 – that’s around 69 a day**

Asthma is a condition that affects the airways – the small tubes that carry air in and out of the lungs. It's difficult to say what causes asthma but you are more likely to develop asthma if you have a family history of asthma, eczema and allergies.

Although there is no cure for asthma, there are effective medications which help to control the symptoms so it doesn't interfere with your daily life.

Because asthma is a lifelong condition and attacks can occur unexpectedly, it is important to take your asthma medication as directed. Having a chat with your doctor or asthma nurse about how to use your inhalers properly will mean every dose of medication gives you the most benefit.

If you use an asthma action plan you are **four times less likely** to have an attack which requires emergency hospital treatment. You can fill this in with your asthma nurse. It will help you to know which medications to take and when, how to recognise when your symptoms change and what action to take when this happens.

It is important to have a review of your asthma with your doctor or asthma nurse at least once a year and this can happen in a number of ways – face to face consultation, telephone consultation or using a questionnaire.

So when we call you for your review, please don't ignore it – don't become one of the statistics

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Home visits for patients too frail / unwell to attend the Surgery

As you will probably be aware, we have previously asked that patients requiring home visits let the Surgery know by 10.30am. This has enabled the home visits to be allocated to the Doctors available in the Surgery that day, and they have made their house calls after morning surgery, usually around lunch time / early afternoon. Any more urgent visits have been dealt with more immediately.

Practices in Cambridgeshire are now being encouraged by the Clinical Commissioning Group to adapt our services, such that we are able to respond to requests for home visits by the elderly in a more timely way if necessary. As such, there will be more time to get additional help, which may enable patients to remain at home, rather than be admitted to hospital. In addition, if they do need to be sent to hospital, this will be earlier in the day, to avoid them arriving there late afternoon.

In response to this, we are freeing up one Doctor earlier in the day to enable him/her to start doing house calls in the morning. As this 'visiting Doctor' will be seeing less patients in the surgery that day, the other Doctors will see a few more each, to avoid losing appointments overall.

As a result of these changes

It would be helpful if patients could telephone the surgery regarding requests for home visits as soon as they are felt necessary, rather than waiting until later in the morning, so that the need and urgency can be assessed as soon as possible.

There will usually only be one Doctor doing home visits most days. This may mean that it is not possible to meet patients' requests for a particular Doctor to visit them on a particular day.

This is a new system we are trying. As ever we would value your feedback as to your experiences of it. If you have any comments or suggestions please make them known to Mrs Sue Bowtle, Practice Manager

Personnel changes at the Surgery

Much has changed here at Cornford House, with the sad passing of Dr R Madabushi and the retirement of Dr R Davies. We have a new Practice Manager, Mrs Sue Bowtle (nee Jenkins) who will be familiar to a large number of patients as she has worked at the practice for the last nine years.

We have a new Lead Nurse, Lyndsay Kerr who will be joined shortly by an experienced Diabetic / Minor Illness Nurse, in order to offer more varied appointments and free off Doctor's appointments.

In June, two new Partners will join the practice, bringing with them a wealth of experience and enabling the practice to offer more appointments each day.

Behind the scenes, an enormous amount of work is being carried out in order to improve our services and care for patients. Some will become apparent over the coming months, others will remain unseen, but will be supporting the infrastructure of the practice as we move forward.